

Sweets – Get the Flavor without the Calories

MOVE!

Cakes

Try angel food

Bake with yogurt or applesauce instead of oil

Use reduced fat frosting or use meringue as a topping

Add fruit as topping or sprinkle confectioner's sugar on top



Pies

Make with a graham cracker crust and use less oil in crust

Bake cobblers or pies without crust on top



Frozen Treats

Try sherbet, ice milk, low fat frozen yogurt, and fruit sorbet

Buy low sugar or sugar free popsicles and ice cream bars



Fresh Fruit

Buy applesauce with *no added sugar*

Try a fruit compote or mix your own fruits in a yummy fruit bowl



Puddings and Gelatin

Choose mixes that are sugar free

Make pudding with skim milk; add vanilla wafers or a sliced banana

Gelatin is great for salad with shredded carrots and raisins, or add any fruit, fresh or canned for a low calorie treat. Top with fat free whipped topping.



Make shakes with frozen fruit, a banana, yogurt, and skim milk – blend together and serve chilled

Make a summer treat in a few minutes that is almost fat free. Cube an angel food cake, make 32 oz of sugar free Jell-O® (2 small packages or 1 large package) and pour over cake cubes. Add fruit to mix and top with fat free whipped topping. Refrigerate and serve chilled.

Remember – **Modify your favorite recipe** to use less fat and sugar. Try cooking with Splenda® – a sugar substitute that can be heated.

